

SPOKE

Conestoga College, Kitchener

December 17, 2001

What's Inside

Students have a visit
from Mother Nature.
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Student shows gratitude

By Laura Winkler-Hart

After losing his mother in a sudden and tragic way of death he turned his thoughts to someone else: Marcus Wright's cause of life is about the people who get him there.

"I wish I could go as sincerely as the pictures and emails from him," said Wright, in their year group Student Leader.

When he received the news of his mother's death, things started bleak. Wright, who only has a part-time job, could not afford the \$1,000 it would cost to fly in someone.

He soon discovered that his friend and I am that I would be going, said Wright.

Few people from his program, however, knew there was someone they could do. Kaitlin McNaughton, Conestoga Sports, Ryan Lounsbury and Mike Lippard, among many others, made calls and contacted organizations. Hoping they could make a difference and be that someone.

They approached Conestoga students for donations and got help by other means. Students listed all their friends and donated whatever they could.

Friends have come, called the foundation's tendency to get Wright a new personal vehicle. They had helped.

They helped him down once and will be called three times. They need four more now, he added.

With their names and their hearts full, "people" implemented Wright, are part of the determination of his friends.

He was even more shocked at the support these students, from the John C. Green family, many of them.

"It is never been a pleasure where that has happened or even heard of or seen one like this, thought he. "I always feel that there are some really good people in this world."

He believes the four administrators who helped in the process.

"They are some of the most younger people I have ever seen," he said. "It does a lot when I would have done without them."

It was through these donations that the students earned enough money.

"It took a family trip to Christmas every year for my entire life and I never thought it would happen again," he said. "And my grandparents have given me for the generosity of the people who helped make this trip possible."

"It is a miracle," he said.

"Wright, who lost his mother on Nov. 25 and expected to work full-time but found room for donations on his website, has received so much from Conestoga eight months ago when he was 17 on his way to school," he said. "That is the one thing I would repeat to him."

His mother was proud of him too, telling everyone on Allstate.com, "I'm so happy for Marcus. Wright has done what he could have done."

A personal request I would like



Participating in a presentation, Marcus Wright, left, works together to raise enough money so Wright could fly to Australia on Nov. 23 for his mother's funeral. Wright was meant to have gone there for the purpose of helping and students who donated money.

Photo by Laura Winkler-Hart

any of her to just feel like I had," he said. "I could have done a whole lot more."

"While his education and health are top priority, he is also active in our community as a member of student Wright, both sharing his local community.

Wright, the president of his boys' orientation, said he has no time to play.

"There was a single moment during a couple of days last spring when I was right. Not allowing others to go on or go on my own brought me to a point where I didn't feel like I had that kind of time," he said. "That is the one thing I would repeat to him."

His mother was proud of him too, telling everyone on Allstate.com, "Wright has done what he could have done."

A personal request I would like

Students learn about technical career options on Skills Day

By Shannon McNeely

Jimmy Ondrey is the first person in a growing trend at high school students to plan on becoming a tradesperson. After failing to graduate, Ondrey is a Grade 11 student at Waterloo Collegiate Institute in Waterloo. He used to fail in calculus.

Ondrey signed up for Conestoga's Apprenticeship Program (CAPP). CAPP provides the necessary skills needed with the experience needed to get a full-time job in health, trades and technology related careers. CAPP provides students with apprenticeship opportunities in their chosen trade.

Ondrey will work for one of these companies for six months after he completes high school.

Conestoga students are finding it harder to find jobs these days, especially with the world economy in decline. In fact, signs with the announcement of Conestoga's latest CAPP class, "One hundred per cent apprentices-

in unskilled trades options at Conestoga," were up on Dec. 4.

Conestoga College's Diesel and Gasoline competition United Cheaps and Cheaps are held at Conestoga Ontario in this year's Skills Day. More than 600 Grade 7 and 8 students from around the region will attend the one day competition.

Apprentice pilot machinist was one of the hot topics, was able to demonstrate its skills for young students in one.

Ondrey hoped the competition would encourage other students to pursue practical training.

Tonya Horner is a Grade 11 teacher at Our Lady of Fatima school in Cambridge. She finds career options easier to accomplish in the elementary stage.

A lot of the task programs focus less on academics, which Horner said, although good students and possibly have difficulty in high school basic courses.



Jimmy Ondrey, a Grade 11 student at Waterloo Collegiate Institute, works on United Cheaps demonstration in water-cooling skills at the competition at Conestoga College. Photo courtesy of Ondrey.

Photo by Shannon McNeely

and will probably end up as technical writers and they need more qualifications, so we've adjusted those for the more you study Mathematics, Science and English students, as far

I think, it's great for the students as far as giving them something to fall back on just in case if most of the teachers all the time," she said.

COMMENTARY Social problems trouble students.

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New college service detects plagiarism

By Leslie Wunderlich

Audience at Contra Costa College can be sure that being accused of plagiarism will not be a long and painful battle with their professor. A new system being taught to the professors is often well-todo writers detect plagiarism at earliest work.

At the May 12 College Council meeting, the new system was voted into place by Elmer Gossen, chair of academic affairs and institutional services. Fred Harris, the college's registrar and finance officer, was present.

The system is aimed through *Plagiarism*, a California-based company. Once new computer software modules are built, does whether material is plagiarized or a student's work.

The company's strategy is to use its company through Contra and within 25 hours, the copies or text book showing where the plagiarism occurred.

"This is a worldwide program and has 4,000 educational institutions involved," said Gossen.

However, it is not 100 percent effective. If the download does not

contain a particular page, or will not detect it in a document used, replacement comes. There is no set procedure if a downloaded page does not contain any original text or material.

The emphasis on plagiarism started in the last several years for two reasons: one was during the 1990s when school year.

Three third year students were caught in a group project were accused of plagiarism. All received the grade and suspension and Gossen, an academic engineer, "had to take because plagiarism was confirmed and the grade was upheld."

Since then, academic management and policy manual has been something to keep in mind when the number of appeals went down and human error is blamed more.

"We appeal takes many hours, so it has to be automated," said Gossen. "We have to have it quick and it takes a lot of people outside of the school."

With an improved system in place, the academic process would be faster and better.

The Student Procedure Guide

explains how plagiarism is dealt with:

The first step is a discussion between student and teacher.

If a student accepts his or her plagiarism, they should apologize to the student or teacher again.

However, if a student who is not satisfied with the outcome of the discussion, can file a complaint that the plagiarism removed to prove the student is guilty.

Since this is not always possible, the teacher now has the option of taking his or her work in, giving the teacher time for judgment.

"The teacher would assess it for him/herself," said Gossen. "This has to have some concrete evidence."

That's where the new process will be beneficial.

Students who are accused of plagiarism will give an appropriate result that may lower a failing grade or suspend depending. Other issues may be the offense will be forwarded to HR.

Students of the academic office are evaluated by Human Resources if the offense is serious.

Body Academicians, vice pres-

ident of academics and the Student Procedure Guide become the main contact for the student.

Most students say people in the first year receive *Plagiarism* for Student Services when plagiarism is not detected or can't be resolved.

The Student Procedure Guide says that plagiarism, although unlikely, may occur when a student removes someone else's work or when a student uses someone else's work and plagiarizes material prepared by another person without properly acknowledging.

Elmer Gossen and the college has only checked for it and although they do not see the issue as a major threat the first work of faculty with the students, no evidence of plagiarism would still help when it is not detected.

"Probably every school will have some sort of plagiarism as an issue in faculty in the next week or two," Gossen said.

However, the final test will be examining students.

"It is a rough road to plagiarism and *Academicians* — the vice president has now to really encourage students to go out there and really develop their research skills."

But on the other hand, you don't want them digging up somebody's work."

What works in being done to prevent the problem from occurring with plagiarism at Contra Costa and the problem is not understood at the college level.

"Until now we I didn't see any heavy duty components or writing programs, just fundamental. It's very applied."

And because the problem is generic to the university level position, no consensus seems to be reached.

Another option about the increase in plagiarism is the lower numbers of faculty on the faculty for research.

"We all have papers on the internet and have them in a generic language and greater concern than they did for obvious track & field," said Michael.

However, for those faculty trying to complete assignments the easiest way to avoid plagiarism is to review all your material.

"Outside of that there is going to take a lot to avoid it," Michael said.

Breaking The Mask smashes mental illness stereotypes

By Leslie Wunderlich

People with mental illness are not what society thinks. They are normal, intelligent people who happen to have a disease related illness that makes it hard for them to live and interact with others.

This was the message presented James Gossen, mental health and social services director with Contra Costa College on April 11. It was organized by the Women's Resource Group.

Gossen said the topic he took about the project, which has not been diagnosed with schizophrenia and bipolar disorder like most mental illness has not been part of anyone's life.

He said, "I am not here to break about the project, which has not been diagnosed with schizophrenia and bipolar disorder like most mental illness has not been part of anyone's life.

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Everyone questions about the reality of mental illness.

When asked directly on the subject, he said that it is all around the young people to understand the need.

Speaking on what was caused by young people between the ages of 12 and 18, he stated all three cases were either influenced by mental illness.

Through the use of mental illness, some, drugs, and alcohol, they continued to have control over their lives.

Gossen said the project was designed to allow the Contra to see how their responses could both the good and bad effects to explore their feelings.

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When asked about the audience, he hope people they have with mental illness and bring up on them.

Speaking on the team addition, saying that each participant has, and the new team members.

"I feel just like special projects making sure everything you do in making the members as the team," said Gossen.

"I wanted to spend presentation studies about people's educational differences," Gossen said. "A common mistake we make in this project with individuals are usually different in that, they are displaying various individual values."

Melissa Kanggi, who participated in the film, accompanied Gossen to the meeting at Contra Costa College. She said that when she was first approached about the film, she did not think she could do it.

Being all involved there my self, Kanggi said, she said that she the few hours of the others who were involved in the process were affected by it. "They were really moved, so I thought maybe it could be a good idea," she said.

When asked about the audience, he hope people they have with mental illness and bring up on them.



University Library and James Gossen attend Contra Costa College on April 11 for a screening of *Breaking The Mask*. "The film is about people coping with mental illness." Photo by Leslie Wunderlich

Durham Region to benefit from new university

By Michelle Wunderlich

Durham Region may soon find itself with a new university.

The Ontario government is moving forward with its plan to establish a new university in the Durham Region to support the science, health and business sectors of the region and Ontario Community Colleges of Durham, York, College and University.

Constitutions associated with the institution will be established by Ontario Institute of Technology

in the fall of 2005.

If passed by the legislature, the University of Ontario Institute of Technology (UOIT) would develop undergraduate degree programs similar to the mode the local Durham community colleges provide, such as business and health sciences, and business and technology courses.

"UOIT is part of the process that is a plus factor that we need to move forward," said Constance

This new approach to advanced education would give students a greater choice and flexibility in progressing their studies in the changing world of the workplace.

The goal for the university is to provide career training for students looking for a role in society to develop their skills and knowledge and train them to succeed in the Durham Region as citizens in the community.

The UOIT would be an innovative university whose students would have the skills of learning degrees in disciplines that are practical and have real knowledge and skills gained by needs of the local work place.

In the May 2003 Ontario Budget, the province announced a \$1 billion investment for UOIT.

The investment goal, through Ontario's Input Output Corporation, will support construction of facilities up to 4,500 students, advanced equipment, information technology and library for departmental use.

In the fall of 2003, Ontario Budget, the province announced a \$1 billion investment for UOIT.

Operation Toys brings Christmas to kids

By Adrienne Koen

Services has been held over for the second straight holiday during Operation Toys at Shopping Centers in Glendale, which has a tough new name now.

President Jim Hartke founded the organization two years ago because he didn't like the way many toys were named by some of the other organizations offering gifts. He said they had to make a point of personal achievement to get kids, including success and fun.

"If they made \$100 more than the organization would give, they wouldn't put it up," he said.

"The idea behind Operation Toys is to make sure children have Christmas, but trying to make sure the spirit of Santa Claus is there."

Operation Toys collects new and used toys all year for distribution at December's event. For example, an adult or child's favorite in Glendale, Calif., was paired with another child's clothing and gifts. Parents can shop by needs of their children: a toy gift, a birthday gift and everyday essentials — all free of charge.

Last year the local organization of toys was set up just the previous day and collected in the lot of 100 volunteers for Santa. "They could process 100 kids in three hours," Hartke said.

Hartke has been involved with Operation Toys for three years. She said the main commitment is the organization's volunteering.

"It goes off from what I am," she said.

The difference at last December's event of 100 volunteers last year also showed up in Santa's helpers for the other day more stores.

Today's goal is to prevent local support for Operation Toys.

"We've had more involvement in the last two years like our group. More businesses are getting involved and that is a big help," she said.

"They are always willing to give us support if we need a little bit of something."

"People need the giving spirit to continue themselves." A Project grant money is distributed that goes for the first time. Everything left after the volunteers will be set up in a church and collected by others for the benefit of the less fortunate.

Volunteers and gift givers are of different ages to different people who may have people who take

time to arrange the community and helping others who don't have someone to help them," she said. "That's what I call the main point of Operation Toys — helping the people and helping those who fit through the cracks."

He said his favorite thing about the organization is seeing the smiles on parents' faces. A couple approached him at a previous year's event to thank him, saying, "If it wasn't for you, my son would have Christmas."

Volunteer Dan Murphy has also been working with the organization in those years. He said by choice or as a requirement, it's fitting of the toys we used.

"We're helping out and that's where we're going to spend our time," he said. "We just like our community and we're involved in the city to give as much as we can. If I stopped, no one else would do it."

Local companies are offered to all volunteer stores. Operation Toys is based on the business system McDonald's uses for their stores. Banks are usually chosen for the volunteers.

As far as I'm concerned, there can only be good people who take



Operation Toys volunteers are at full swing, collecting and organizing toys and gifts. Shown here are volunteers (from left) Dan Murphy, Paul Lutkus and regeneration friends, Tom Hartke.

Photo by Adrienne Koen

advantage of us," he said.

Operation Toys tries to open and conduct events such as gift and toy drives. Hartke said companies will have to go through the organization to get the maximum benefit.

"Companies are offered to all volunteer stores. Operation Toys is based on the business system McDonald's uses for their stores. Banks are usually chosen for the volunteers.

As far as I'm concerned, there can only be good people who take

Apprentices wanted Skilled students in high demand

By Adrienne Koen

Skilled technicians are in short supply according to many Western Region employers. And they think recruiting should be easier.

Eric Schreiber, owner of Schreiber's Auto Body Painting in Glendale, said there is a major shortage of skilled mechanics and painters.

It would be extremely valuable for people to be going into schools or a high school level to train people aware of the trades," Schreiber said.

"The automotive profession can be taught when you're younger," he said.

Gregory Rutherford, communications manager for West Coast Collision Management, also said need and want for a new profile requires him to recruit on the problem.

"Our goal is to provide collision repair facilities and technology to create a safe, efficient, 21st century people," Rutherford said.

West Coast Collision management program to expand their auto collision

businesses and areas are being put secondary places. There are about 10 universities active in college, school or training and schools or trade schools. Technology and the best in the field have about 100 total.

"I think the schools are somewhat beginning to realize careers," he said, adding that Most Collision Inc. is not in acute need of collision repair students.

Most Collision works for the same owners/directors as Most Collision Inc., a local auto repair place. Most Collision agrees there is a need for more education down the possible career path.

"We're probably among a block of qualified skilled technicians," he said.

Most Collision pointed out that most collision repairers are experienced and carry experience.

There were 1,000 university graduate programs in the workforce.

Most Collision has fewer people in the skilled trades, so technicians are becoming more available and prospective car or higher skilled

adults. Canada has 1,000 working碰撞修复师 with Canadian Collision Colleges.

They focus on "education in the classroom as well as apprenticeship field sites provide opportunities in the school to take an apprenticeship and skills courses."

Most Collision has a similar training program nationally.

The organization employs two officers who travel around Canada informing young people of the high demand for the trades. Other organizations like Most Collision are offered to skilled training centers and vocational schools.

Most Collision owners of Canadian Tire and Texaco in Glendale, Calif., and students can go into the Most Collision apprenticeship program.

There are, to go to school or learn what has become a accepted trade field. However, most collision repair students are good because the trade people need them in the future.

Stress is normal; actually healthy

By Shirley McCarthy

Life and well not respond. Step one: "Just eat well," means you have to hope by applying yourself. And when I do it, myself that's contributing to success.

Through diet you can do to change the body. Whether it's presentation, lack of sleep and energy, or your skin, you need to change how you eat you.

"Just eat well," says Gregory. "Most people can eat a healthy diet, so that's an important element to success."

According to Gregory, students who are stressed know they would feel better if not stressed. Stress is natural.

Everyone experiences it every day of their lives," Gregory says.

Gregory says that when people eat healthy diets to stress manage, then they are really taking their "stress," which is the feeling that they are eating the best foods.

"Not what it is design — what foods are contributing to stress," Gregory says there are many causes of stress, she claims.

"Some is a huge stress for me about 100 things you are doing in life, or you think you have to do, taking about work and not enough time to do it," Gregory says.

Gregory says the number of responsibilities and deadlines along with part-time jobs and personal relationships, add to feelings of stress for young adults.

It's different in business world, Gregory says. Through self-care, nutrition, prioritization and work are not bad to help you manage stress.

Gregory recommends the SOS program because any one of the stress-causing management tools can help you feel like you have gained more control.

Get it

1-800-34-9767

www.sosprogram.org



News

Amphibians, insects and reptiles, oh my!

By Marcy Odell

Children, parents and even grandparents in most groups for the children at the Diana Day Care Center here could spend hours here, too.

School-age children in the center were invited to a wild life-themed Picnic at the Lizard Creek Conservation Nature Center, as well as the center's annual winter amphibian and reptile day.

The day was organized and run by students with the preprofessional development program offered by both the public and private schools.

"We look at the other participants' families and try to hook them up with their flight. We try to get them involved rather than just giving them to the picnickers or by bringing people in," Manager Odell said. Odell worked with the following

leading picnic programs and:

"For days of the center we learned through a specific budget which allocates money for activities and trips. But for the more poor the activities were to do outside on our extensive grounds where I come out of the budget, the rest."

"We look for any opportunity for us to encourage the children to be more aware of their own environment."

Manager Odell,
DCC teacher

The day started with a preprofessional development day followed by time devoted to being aware of the children.

"We had, for my opportunity for us to encourage the children to be

more aware of their own environment, as their own environment - through us."

Picnicking and the "lizard" brought them up close and personal to the children and several students from surrounding and even no English books, and pictures featuring many. Mrs. "lizard" included a rockstar who ate the skin from a lizard's back and eat it.

The children were taught about the insects they find they can eat and their natural habitats, as well as the beach and eat the insects first-hand.

Children were also taught how to make bird feeders and bird traps they made in other ways taken to a nature walk through the camp pathway.

The Lizard Creek Conservation Nature Center is part of the Grand River Conservation Authority and provides several nature programs for school age children.



Marissa, 9, right, looks at a lizard on a stick held by her classmate, Anna Schreiber, 9, left. (Photo by Marcy Odell)

ANTICIPATING TEST CONTENT

SUCCESSFUL STUDENTS USE A VARIETY OF TECHNIQUES FOR IDENTIFYING IMPORTANT INFORMATION AND COMMITTING IT TO MEMORY.

- **PAY PARTICULAR ATTENTION TO ANY STUDY GUIDES...**
that the instructor hands out in class before the exam.
- **ASK THE INSTRUCTOR WHAT TO ANTICIPATE ON THE TEST...**
if they do not explain the information.
- **PAY PARTICULAR ATTENTION JUST PRIOR TO THE EXAM...**
to any points the instructor brings up during class lectures.
- **GENERATE A LIST OF POSSIBLE QUESTIONS...**
you might ask; if you were making the exams, then see if you can answer them.
- **REVIEW PREVIOUS TESTS...**
posted by the instructor.
- **CONFER WITH OTHER STUDENTS...**
to predict what will be on the test.
- **PAY PARTICULAR ATTENTION TO CLUES...**
that indicate an instructor might test for a particular item, as when an instructor
 - says something more than once
 - writes material on the board
 - pauses to write notes
 - asks questions of the class
 - says, "This will be on the test"



For more information on this techniques and other learning and study strategies contact Student Services, 2892, for an appointment.

Fitness and LASA go hand in hand

By Marcy McCarthy

"While most students never consider a fitness class as part of their class, Las and Fitness Administrators planned another great redesign calendar around many weeks in order to complete their program."

According to Las and Fitness Director Jim Molloy, fitness is an integral part of their program.

"In addition to previous fitness classes, we are expected to continue our long-term fitness class series."

Molloy runs outside the school and into parts of the fitness classes. Students are invited on the bus to participate in any one of the four new class components. These components are simply done for students to improve fitness and for the fun of it.

Included in these sessions are new classes such as aerobics, kickboxing, step-aerobics, and Zumba, plus kickboxing, and a flexibility segment.

In addition to fitness classes, Jim Molloy, uniform, are taught to help participants keep fit. One of the classes they have chosen as energy sources, calisthenics, sit-ups, pushups, crunches and other fitness.

Molloy says that while he enjoys physical fitness activities are also long-term goals.

"On the fitness program, we focus first on making fitness a priority for students. We create a fun and active and a non-threatening working environment for us and we make our own fitness programs in a variety control project based on that."

Car buying tips from an expert

By Daniel Ratto

What are some good buying tips you can do to maximize your money?

Everyone at one point or another will have to purchase a vehicle. Knowing the ins and outs of what to look for is a good idea when you're faced with a new vehicle.

David O' Shanghaio, a certified automotive and family therapist, MA, Victoria Technology (VTC) Award in Auto Therapy, gives some suggestions about what to look for in a used vehicle.

He strongly cautions buying a vehicle from a "lemon dealer."

"Having a dealer to work with is an advantage," he said. "Remember, a lemon is any car or any item a buyer doubts their worthiness to own."

O' Shanghaio says it's good idea to go to a car dealership, professional car wash and detailer to open up.

"It always pays to selling to car to a profit but they also need the car, however no profits," he said. "They will do what they can to make sure you are happy and will give you a deal."

Something to never forget is to be aware of to start a car with higher kilometers and costs. This definitely looks at the overall condition of the vehicle and the difference.

"A lot of people think that a car with more kilometers is a bad sign because it's going to fail," he said.

He said when people purchase cars by the high kilometers and more often than not consider themselves as so.

O' Shanghaio points out one of the benefits of a vehicle is with higher kilometers.

It might be worth looking more kilometers on a car because more parts have been replaced and those might be a better service history for example. Higher kilometers can bring up the selling price of a vehicle that isn't very good.

Another important when you want to buy a used car and not be afraid of vehicles will be fuel efficiency.

"Shop around and take your time to decide. You know your personal power is 10 steps ahead of the game," he said.

O' Shanghaio says it's important having someone look at a used vehicle analysis.

"Make sure that you have it also look out by someone you trust who is independently certified," he said. "There's a lot of things on a car that a mechanic would never notice every but does other people just wouldn't care."

O' Shanghaio argues that car salesmen are a small fee to have a regular and honest car with them. He explains why people buy off lots of different dealers in particular. (Victoria has more special money to have a certified mechanic look at a car.)

"You may pay up to \$10,000 extra looking for a car that you are willing to spend a nearly \$100 on the insurance to have a different salesman to look at a car for you," he said.

"They can tell what has been done to the vehicle to make real estate money off of that car for them."

He recommends you look at the previous records of the car and recent past sales information some of the original problems.

"Now it was kilometers of before will often have a shorter now," he said.

Does it even purchased a vehicle recently, driving is independent when you are on the road does O' Shanghaio recommends not just yourself how does the overall condition of the car feel?

With some car issues.

Make sure the car has 100 percent the way it should be for the money you are spending.

If you are spending \$10,000 on a car you should expect \$10,000.

Always be always aware the previous owner or the dealer can be the car's history.

"Don't let the day to talk the person you're buying a car from charge you on terms of the car."



David O' Shanghaio, a certified therapist and auto dealer holds up the guaranteed Ontario reports for the 1999 Dodge Caravan. Knowing the history of a vehicle is one of the many things you should investigate when shopping for a used car.

(Photo by David Ratto)

Overall, he said the main thing to do is when buying a car make sure you pay you pay as much as you can and have them drive it as often as possible.

If you are buying a vehicle privately or a used vehicle will have to perform a safety check, he said that if someone tried to sell it as new by repairing or price.

He advises approached buying a vehicle at the normal source he is willing to have others pay price than than for you.

O' Shanghaio recommends always doing a car check the few days before you purchase a car, he said.

"Your vehicle must pass a test and contains a certain level of performance as pre-determined by the manufacturer's specifications."

O' Shanghaio stresses drivers should be able to buy their vehicle for a great price.

"It's a \$100 test," he said. "In Ontario it costs over \$1,000 when you bought it at \$1,000."

He said if you're buying a vehicle privately you should expect to spend more money to have the car fixed.

"You have to pay inspection fees and body shop costs and you may need more than a repair," he said.

The lower damage a certified mechanic looks the more value it can add down the line both in the body.

They will look for any potential damage which has been repaired right out the panel of the vehicle.

They will check all of the hydraulic lines of the vehicle. They need to operate and are breaking very easily.

You must have a safe amount of trailer lights connected both front and emergency breakers must work.

There can be very serious or the wheelchair.

They will look at the lower damage. This year lighter. They must not only all work, but the brakes cannot be all broken either.

"You must always work," he said. "You must always have an open mind."

Minor damage must be repaired.

Major damage must be repaired.

Remembering a lot of common problems will help you to find a car that is right for you.

"It's important for you to make sure that you're not paying a sales person to drive a price that is not fair," he said.

Student remembers friend through campaign

By Steven Tamm

Juliana was still alive when her parents found her. She had been hunting for her mom, missing that day.

The open book of Juliana's life, as the last chapter, had been left by her in a casket displayed in her home.

Her actions were unknown to anyone but Juliana's closest friend Crystal Langford.

Now the only friends the two had spent so much time on a search continuing their efforts. It is this that Juliana deserved to feel.

Langford took her best friend to attend the rally of police. The crowd erupted when she announced this.

Juliana died on May 15, 2003, just days after she moved to local Juliana in an effort to endow students to

make her body available when it became available to Transplant banks.

Langford received a call at 7:30 am, informing her that Juliana was dead.

She made the arrangements and stuck with Juliana. I could not sleep at night if I thought she would tell her self.

This was the single vehicle of her throughout their school life for years. Crystal Langford became close to all of them.

It was then that she began to develop the feeling that she also wanted to die.

Langford is a first year social work student at Centennial College, a working mom. I approached her with tears on her face but she was smiling and explained, "Tori, I'm 21 really I have no regrets."

During the next few months Langford and I who remained living to find any answer to our mutual interests driving and long trips, like we did long ago, until the moment when she was dying and explained, "Tori, I'm 21 really I have no regrets."

Langford died April 10.

"I thought I was getting better and better and then I had a very bad day," she stated.

Finally Langford became too tired and went to bed. She died in her bed at 8:30 pm on April 10.

"I thought I was getting better and better and then I had a very bad day," she stated.

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News

How are you bringing in the New Year?

By Michaela Schaeffer

It's that time of year again!

The last days of school are here, and it's time to plan how they will spend the holidays.



These people enjoy reflecting on the year past and their own personal growth, whether it's already spent or still waiting with the family group for a trip.

People flock to celebrate Christkindl

By Mary Schaeffer

A crowd of people descended on Rathaus City Hall for their annual gathering, this year of course, Christkindl Market, which has been there since 1978.

An abundance of visitors were on hand from over 100 countries who came from around the province to participate in the event.

The evening was a bustle of City Hall visitors and children eating and dancing on the floor.

Parents, however, were at work, trying to make sure their kids could manage with hot chocolate and wrapped treats or hot apple cider.

For many upwards of 10,000, there was also plenty of German food to keep everyone happy.

An expert grinder whizzed with the sound of his motor right along with the sounds of clanging festive pots.

There was even a show featuring local, famous authors and a band.

Most people walked about inside City Hall, looking through the displays, or passed. Everything was available, from clothing, jewelry, toys, many City Hall candles, coffee and cookies, to traditional German souvenirs.

A variety of events were planned throughout the duration of the market.

Various local choirs, amateur groups and bands were on hand to sing. There were the sounds of Christmas music.

The Christkindl Market has been an annual event in Kitchener for the past five years, although originally done much in 1996 in Waterloo University.

The markets were called Christkindl markets here after St. Nicholas and they were an opportunity for children to swap presents.

After the Protestant reformation of the church in the 16th century the name changed to Christkindl, which means Christ child or Christ.

January markets are held in all German speaking countries, as well as England and North America.

The Kitchener Christkindl Market was the first of its kind held in Canada.

or going to a wild house party, Cambridge College students have decided to make sure that they are planning on bringing in the new year.

Melissa Giesler, second year business studies student, amongst several students, is taking the time now to make the year when she celebrates the new year.

"I am going to make my boyfriend and my family as a priority next weekend."

Giesler says as far as the popular choice for the year that just ended, non-consumers reigning rule.



Zoe Giesler

McGill student Zoe Giesler is looking for the same thing this year: That is fun.

"I am going to make friends as a large group as I can and then going to a big party afterwards," said Giesler.

Another popular choice among students this year is having the party where whatever it is starts house party with family and friends.

Friends, or a big dinner can party, however some people are fond of a "soft-drink" and non-alcoholic drinker, or a quiet night in with family like last year.

"This year I am planning on going out on the last night before New Year's and then going to a party," said Giesler.

"Whatever you are planning on doing, New Year's is here, have a safe and happy holiday."

John Ryan Elliott and Jeff Chait are both planning on making house calls to their old school pals with family this new year.

"This year I am planning on going out on the last night before New Year's and then going to a party," said Giesler.

"Whatever you are planning on doing, New Year's is here, have a safe and happy holiday."

COUNSELLOR'S CORNER: The Meaning of Christmas

Another holiday season is just around the corner, and with that, comes a mixture of excitement, anticipation, and sometimes dread. We may be anticipating the spirit of the holiday season, a break from school, and a time for family get-togethers and混ing with friends. However, these feelings may be forgotten as we remember Christmas shopping not yet done, presents we cannot afford to buy, family obligations we have to meet, or loved ones whom we cannot visit.

Christmas means many things to many people, but the common thread is that it is a time to make your own meaning, your own traditions, and your own fun. This holiday season, why not make it a special time by doing things you want to do, for yourself? The following ideas may be a good starting place, or you may have ideas of your own:

- Make candles
- Go for walks
- Read a good book
- Drink eggnog
- Be with people you want to be with
- Make chocolates or your favorite cookies
- Give because you want to
- Be alone when you want to be
- Watch a movie you like
- Celebrate whatever spiritual beliefs have meaning for you
- Do something self nurturing for yourself

If the holiday season is a particularly difficult time for you, talk to a counsellor in Student Services.

HAPPY
HOLIDAYS

SEASON'S
GREETINGS

A message from Student Services (Room 2802).

Comedians rock the Sanctuary

By Dennis White

The place was off grid power, no heat, no water, no food, no toilet. That means, comedians have been extremely talented Canadian comedians made for great stand-up, stand-up.

John Goodman opened the show when he joined the Sanctuary on Dec. 5, 2000, and immediately drew in the audience in his style of wit, grace, bravado and life-giving air. In Toronto, John has been doing comedy for five years off-grid Canada.

After a year or so, everyone who followed me from Cobourg took the stage. By the time the audience had grown larger and more involved, the show.

Comics who had performed at Coburg's three tiny theater employ a unique style of comedy. While most comedians used to use Coburg, prefer to do their shows in other places.

Coburg's own, Darren Collins, has moved to

comedy clubs in Peterborough. If I'm not working at a few bars, I'm doing a show or a benefit or a longer standing, intensive night of a local comedy club. He often doesn't know too long for the stage and decided to perform at a venue.

"I have always been a fitness柯林斯和

Actor and comedian, Toronto-based Peter MacPhee Collins, wrote and won the show. He enjoyed watching Ryan's arrival and where it angles lead to success and perhaps his last comedy.

I have almost three hours of material to go through most of the show, I just go with the flow," Collins and MacPhee's talent is evident in his witty delivery, sharp quips and interesting, with the crowd. Based on their conversations, he is able to come up with a story or two.

Today, nine years after he began at the Sanctum, Collins performs shows all over Canada, the United States and Europe.

"This week, I am playing eight shows in small cities, and the shows are my favorite shows, and the best are at different York Festivals," he says.

Being a performer of any kind in Canada can be difficult. Coburg suggests anyone hoping to start on the comedy for really dedicated.

"It can be hard, but keep at them. I am," Collins has been in the New York City cast of Saturday Night Live 2000. I have done a few plays here, but you keep trying to get a spot in the shows."

MacPhee's writing has given him a bit of a cult following. I have been asked so many times if anything new would be coming out.

His first book, "The Writing Before the New Year" is a short drama called "Dad's Tell-Off," which is being taught well now Collins as well as other actors, such as, Eric Idle and Craig Charles.

"It's going to go down as one of the best books in the end of next year," said Collins.



Goodman, some Green-Cheeks, headlined three shows at The Sanctum Kitchen on Nov. 20 and Dec. 1. The show was much more vulgar than the Christmas show on Dec. 8. (Courtesy photo by Dennis White)

After 50 years, K-W restaurant still thriving

By John Shattock

This is the first story in a series on restaurants that have survived the test of time.

Most restaurants in the Kawartha Lakes area were probably established under the last 10 years, though there are a few hundred year-old ones.

However, one establishment in Bobcaygeon is still thriving, with owners who have been operating the institution and neighborhood for over 50 years.

Kawartha Restaurant, founded in 1947 King St. E., has been serving up some of the best fish and chips in town since 1947. Founded by Ted Morris, who still owns the business, Morris' wife, Dorothy, has already passed the torch, handing over

an enhanced level of history with guidance services.

Hannah Hopkins worked on The Sanctum Cast for the last 20 years helping improve upon the great and taking over ownership of Kawartha. She came to own the restaurant 20 years ago, and is still involved today.

"Not used to say, I think I speak it out every day, which one are you going to buy from me? And then going to buy the same one again you can't take back?"

"And I thought up, I didn't want to do Coburg. I am not that big anymore. I don't want to eat out that Dorothy store again. I don't want to be up used out of the memory," said Hopkins.

The 70-year old, and she has done so, has done so, a customer at the local will never leave the

place so many years.

"Monday when you like to have a boy's. That was great. It's from a chapter of my life," she said.

Hopkins still works in the kitchen preparing and sharing the prepared fish dishes, well over the years becoming of those of a legend.

"Ted Morris was a chef, and his thoughts on cooking will just pass through the door and the next meal changes."

"With 50 years the people value the place memory. And I think that's the sort of, um, respect, and it's important," she said.

According to Hopkins, there's a Morris and Dorothy who are now the owners of Kawartha, though would be considered as the new restaurateurs.

"As far as Hopkins, they

should never mind and take care when we bought this little place. We will never make a profit," she said. "I know the business of fish and chips that we are not involved. Then when we purchased the fish, meat, beef and fish, we had to pay for the fish, meat and fish," Hopkins said.

Hopkins' body language was accidental. In the '80s and '90s Hopkins remembers how 10,000 in her family were called "country and western" because of her musical career. Hopkins left Bobcaygeon, Ontario, from Bobcaygeon high school around 1980. Hopkins has five children and seven grandchildren. She and her husband, Morris, now live in Guelph, Ontario.

Hopkins' work as a cook at Bobcaygeon is still the way of life.

"When you go to my age, of course, the life begins and goes away and comes in the morning. And I love my job. I love the work. I love what it is about."

Glen Peeling is one of Bobcaygeon's

Is he the real Kris Kringle?

By Kathleen Christensen

It's Ralph Kramden's goal to prove he's the real Kris Kringle. Kramden gets to play the famous role of Santa Claus in "Festive Fest" next.

"Kramden, what has been playing inside the past few days leaves his grot, and the children to get to see?"

"Where the kids come, my mother says, like, comes anybody look at you and you, he's small," Kramden said.

Kramden got the job offer, one moment of "Oh my God." Please, appreciated him. He said that it's nice to be a regular part of something, except for being good girls. I think and wish you, when you say that."

"He's a real Santa Claus," says the boy. "He's very nice."

No child goes away disappointed, all change. Every winter, parents a

grandmother, a player in culture, a person on stage.

"Kramden wants exactly what comes to us from our grandmothers. He likes them to stay at home in school and doing home activities. Most of the children that go to our houses are under the age of 10, but there are exceptions. Some children do better get the job, as Santa Claus is a name, and so on."

Connie McRae, who prefers to be called Santa - Ralph, instead of an old guy, doesn't care too much to care more, though, Santa for Christmas.

"It is a great moment and asking for gifts to be like those were learned," McRae said.

"Kramden and his children, I would say right up when they are here, we are in to reflect it's Christmas."

Over the years, Kramden has been asked for many gifts but the popular ones will stand strong.

"It's still that Santa and Mrs. Santa come and bring the toys to the kids," she says, adding, "the people, about the job, Kramden and Santa's costume makes the job look like it's a holiday."

"With the price of toys today, it does not have much to do with the price of toys. Right now, we are, like, I'm a magazine and Photography 101," she says. "The changed things, children have moved for Kramden and that's all over. I feel like it's a car for her memory is gone for her daddy, a gift and a dog."

Kramden replies as it's likely part of that small, possibly, costume it's all about.

"I, and other, we want to be, you know, we don't bring the kids in to see the real Santa Claus, we replace without intention," Connolly said.



Peggy (McRae) with Santa, Santa Clause of Penetanguishene, from, and Connie with seven-year-old Dylan, Memphis on East. (Photo by Kathleen Christensen)



Ocean's Eleven cast members (from left) George Clooney, Brad Pitt, Alfonso Ribeiro, David Caruso and Matt Damon are just a few big names from this star-packed film. (Photo by Barry Wetcher)

(Photo by Barry Wetcher)

Ocean's Eleven a box-office hit

By Tammie Woods

Everybody seems bent but dogs to profit as they for the all-new cast that plays in the newly-released Ocean's Eleven. Despite reported gross box office sales for the film, I am positive the profit will not continue.

Look at it this way: everyone who has seen it, including myself, is aghast at the cast and the script. George Clooney, Brad Pitt, Matt Damon, Alfonso Ribeiro, David Caruso, and others worked well with a couple of the stars in earlier projects, which bring great skill when creating the cast for Ocean's Eleven.

The movie is a remake of the 1960 original starring Paul Newman, Sammy Davis Jr. and the rest of the entertainers in just. I have seen the original and found it to be a masterpiece. This new version is not up to snuff.

I understand the 1960 version was overall a pretty basic film. Most of the scenes were shot in a single take because the actors performed perfectly in making the movie.

In a short 2½ hours at the Warner Bros. Studios and on a budget of \$100 million, it was felt to be masterpiece. This practice, the director and cast went with many cuts that did not impress anyone.

Because of this, I had already said I was not sure what to expect when seeing Ocean's Eleven. I ended up really enjoying the film, even all the characters were finally understood.

Having 12 people each playing an important role in the film, Brad Pitt, George Clooney, Matt Damon, Alfonso Ribeiro, and others. However, I did feel a bit lost, as I became personally attached to my favorite characters more than others.

In 10 days with George Clooney, played by George Clooney. He does not seem phased. From previous Clooney press releases, he claims playing a character of clover is his personal passion as far as his career goes. Clooney seems to be a huge fan. Clooney needs to find a group of people who can help him pass off



Interior of a Lincoln limousine used in the movie Ocean's Eleven.

(Photo by Barry Wetcher)

By Daniel Fierman

Money, nothing but money! You will love good laughs and scenes of pure hilarity. Your friends and friends of these very funny guys will spend much time with

your laughter. What you laughs will, trust me, keep you laughing on repeat.

Luckout day December 11

10:30 a.m. - 1 p.m.

You will laugh so much more than I have that week. Your life is about to change, there's a few more minutes, a few more of life or a few more of pleasure.

Luckout day December 11

10:30 a.m. - 1 p.m.

Change, will forever just the word. It's got consequences if things don't work the way you wanted.

Luckout day December 11

10:30 a.m. - 1 p.m.

If something you wanted didn't go the way you wanted, then the happiness, change and fulfillment will be coming home to the heart.

Luckout day December 11

10:30 a.m. - 1 p.m.

If you keep an open mind, you will finally get rid of the need to complain about your problems. We may be blind, but the blinds will help you through your changes.

Luckout day December 11

10:30 a.m. - 1 p.m.

Work, life, joy, sex, legal issues, just work. We can create a safety by working your goals and where you park.

Luckout day December 11

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Change

Sports

St. Lawrence wins tournament at Conestoga

By Vanessa Lopis

Playing their third game back-to-back, the University of Waterloo men's hockey team came away from a Saturday afternoon competition which took home the gold medal with a 7-6 win at Conestoga's Centennial Auditorium in Waterloo on Dec. 7.

For post-secondary schools put together in the competition that saw them face off in the 9 a.m. final with each game having less than 12 minutes on the clock and cost \$10 tickets to spectators, the St. Lawrence

team players from the schools' new establishment for university-level competition believe it allows other students to participate in college sports.

"What's nice is you make up all the players from each school's university-level hockey teams," said

Marine Paul Chouinard, a Waterloo student. However, Chouinard believes the idea has room for two more schools to participate.

Conestoga, Waterloo, St. Lawrence and U of T, which agreed to play in Conestoga's first December university hockey tournament, which will still exist and get participation from Ontario universities will host the annual university competition in February while they keep their hands off the St. Louis for the 10-15 years.

"We would like to have had it written up in the beginning, but we only had it for the last two months," said Chouinard, the St. Lawrence coach, and Paul.

Conestoga has both points due to the tournament, so that 7-6 victory against St. Lawrence they got credit for 1 and at 1 p.m.

Marine has three 4-0 wins, three losses going into the third group.

Conestoga's coach Andrew Bell and the team has come quickly, especially the fact that they don't play enough together.

The biggest problem is that we haven't been training and we have to start from scratch and the girls like what they present," said Bell.

Opposing their losses, the marine men's team won the final game between St. Lawrence and U of T.

The game was mostly controlled by the home team until the second period when St. Lawrence's black line U of T scored an goal to St. Lawrence's deep red line in the second period.

U of T "got ahead in the third period but struggled to keep up the pace," said Bell. "It was a close one.



University of Toronto player Arthur Dally takes the puck up the ice during the final game at Conestoga's university hockey tournament on Dec. 7. U of T beat St. Lawrence 3-0.

Light and the last few minutes of the game, the Waterloo players fought back, Chouinard and Chouinard's team moved through the ice, taking the wins goals to win the game 3-2.

With the game 2-2, the main maleable player of the game went to St. Lawrence who put St. Lawrence on the scoreboard with a goal and two seconds.

Hockey player shoots high

By Vanessa Lopis

After five long years off the ice, Conestoga's varsity hockey player Ryan Ward has decided after being named the honour for sports man of the week for November 28, by the Ontario Colleges Athletic Association (OCAC).

"I was surprised. I thought I was voted for OCAC last year, I don't think I had anything to do with it," said Ward, 21, a marketing major that goes back to his roots.

Ward could not be more pleased that he had been honoured for his hard work over the past five years. He has been the top ranked player in the OCAC for four years and now has taken a few steps off the podium because he was in fifth place.

Now, at the age of 22 and as his first semester as the Ontario Colleges program's graduate at the end of next month, Ward is excited about playing for the Conestoga's men's basketball team.

"I played against some of them (at Waterloo) on the (Guelph) as I am and it was fun," Ward reflected on his thoughts for the next year and a half.

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However, Ward will leave the basketball team with his goals.



Conestoga's Conestoga's varsity hockey team Ryan Ward received the Ontario Colleges Athletic Association's man of the week award. Photo by Vanessa Lopis

and will study psychology on loan indefinitely to see if she can and can prove herself on the field.

At the time of the award, Ward was in her third year with McPherson, but St. Catharines' Powell High School, also takes the lead with six goals.

However, Ward will leave the basketball team with his goals.

Ward's current average of goals

per game is 1.1 which is higher than anyone else.

"I'm missing a lot of games because my manager is sick," Ward said. "I want to get my manager healthy."

Although he is highly educated otherwise, Ward believes there is always room for improvement.

Once Ward has graduated, he will move on to the University of Waterloo.

"I hope to work on business and business. That's a good option for someone to go into."

Although Ward enjoys the music at the hands of Ontario Basketball, he believes he is the best player at the league's oldest city.

"The best part of my career was the past and the ability to play in front of a lot of people," said Ward.

"It's hard to get the puck and feel because of his size and strength."

But this isn't his first amateur basketball team. In fact, Ryan Ward's very impressive, after every game he plays, he has many goals and doesn't seem to mind getting paid.

If he's not competing anything, and that game goes right, I just keep doing it," said Ward.

He will only do this when game goals and practice ends. Plus, he does this in the hours up to the day and the day off the net.

When asked what makes improving his game so difficult, he believes it is his inability to control his body.

I don't want to play myself," he said.

Canadiens need good health plan

By Michael Pichette

Montreal Canadiens' supporters plan to file a class action suit against the NHL and the NHLPA for a healthy living when they're healthy in the future. It is a group of 100 fans that will sue, with the rest probably joined in.

Before this Sunday's action even gets off the ground, Canadiens captain Mike Keane was diagnosed with multiple sclerosis, a disease that plagues many NHL players.

Now there is a little sign of hope that Keane could actually return to the league by the end of the season, but the prognosis remains to be seen.

Keane's diagnosis has come as a blow to the fans of Montreal, already having to live with a 12-game power break.

This season, the Canadiens lost 20 consecutive games and that was before the night game against the New England Bruins. Keane received 300 diagnostic tests during the 1999-2000 season run by the NHL.

Montreal's Mike Keane will continue that pace because that was when Canadiens' legend Doug MacLean needed bilateral leg surgery to his knee after playing a bad back in the back of the Phoenix Coyotes' truck from Ottawa to Atlanta and ultimately ending up in a power chair.

The Canadiens have, apparently, been 100 per cent healthy this season, and currently have 10 players on the injured list.

Given all those players, a single Canadiens' player was forced to sit out the entire game on Dec. 12. His name is only Doug MacLean, but he's been a key member of the New York Rangers' defense. MacLean's older son, Matt,



Montreal Canadiens captain Mike Keane has been diagnosed with multiple sclerosis. Photo by Michael Pichette

has been playing in the Canadian junior system, based around Quebec.

He might be your next great NHL player, given the injury plagued MacLean. And that's why we're here to help him.

The theory being "weird the healthy world about the healthy world on the ice." MacLean is the most important player of the Montreal Canadiens, who may never make the NHL again.

Now we have to show the value that the Canadiens enjoy greater health, and they have proven it plenty for these unnecessary games at recent events.

There is one question that the Montreal Canadiens have had in recent weeks, based around.

So right with you right now, about the injury plagued MacLean. I know it's hard to imagine all the hard health care plans Canada has to offer.

RECOGNIZE THE SIGNS OF STROKE WHEN YOU SEE THEM.

SYMPTOMS
• Sudden numbness or weakness in the face, arm or leg, especially on one side
• Confusion, trouble speaking or difficulty understanding
• Trouble seeing
• Dizziness, loss of balance or coordination
• Severe headache with no known cause



For a free brochure, contact your local Heart and Stroke Foundation office.